



The First 72 Hours

START HERE

A gentle guide for the season you didn't choose.



The Yellow Folder Collection



A NOTE OF CARE

Before You Begin

Your safety matters. This booklet offers spiritual encouragement and general support. It is not a substitute for medical, mental health, legal, or emergency care.

If you are in immediate physical danger or experiencing a medical emergency, call **911**.

If you need immediate emotional or mental health support in the U.S., call or text **988**.

If you are outside the U.S., contact your local emergency or crisis service.

Welcome

If you are reading this, something has happened.
Something you did not plan for, did not ask for,
and may not yet have words for.

You may feel disoriented.

You may feel numb.

You may feel everything all at once.



All of that is okay.

This guide is not here to fix what happened. It is here to help you stay steady in the first hours and days of impact — to give you something to hold onto when everything feels uncertain.

The Story Behind The Yellow Folder

Years ago, in the middle of my own crisis, I gathered everything I needed into a single yellow folder — Scriptures, reminders, prayers, and truths I could return to when my mind was spinning.

It became my anchor. Not because the folder itself was special, but because it gave me a place to land when I didn't know what to do next.

This guide is your yellow folder for the first 72 hours. It won't answer every question. But it will help you breathe, stay grounded, and take the next small step.

In the First 72 Hours

- 1 Slow everything down.**
Unless your immediate safety or health requires action, you do not need to make every decision right now. You do not need to respond to everyone. Give yourself permission to pause.
- 2 Stay with what is true right now.**
Not what might happen. Not the worst-case scenario. Just what is real and known in this moment.
- 3 Turn toward God before you react.**
If there is no immediate danger, pause before making non-urgent calls or decisions. Take a breath. Pray honestly—even one sentence is enough.
- 4 Let one safe person in.**
You don't need to tell everyone. But let one trusted person know so you are not carrying this alone.
- 5 Take one manageable step.**
Not the next ten things. Just one. Choose the smallest action that feels possible right now.



Truths to Borrow Right Now

Read these slowly.

- You are allowed to slow down.
- You do not have to figure this out today.
- Fear is loud, but it is not always right.
- You are not alone, even when it feels that way.
- God is not absent from this moment.
- You do not need to perform strength right now.
- It is okay to not be okay.
- One breath, one moment, one step at a time.
- You are held, even when you cannot feel it.
- This will not always feel this heavy.



Return to these as often as you need. They will still be true tomorrow.

Four Anchors

When everything feels unsteady, come back to these four things.

Anchor 1

God is still here.

You may not feel His presence right now. That is okay. His nearness is not dependent on your awareness of it. He has not left. He is not surprised. He is with you in this very moment.

"The Lord is close to the brokenhearted and saves those who are crushed in spirit." — Psalm 34:18

Anchor 2

This moment is not the whole story.

What you are living through right now is real — but it is not the end. It is a chapter, not the conclusion. You cannot see the full arc yet, and that is okay. You do not need to understand the whole story to take the next step.

"And we know that in all things God works for the good of those who love him." — Romans 8:28



Four Anchors

(continued)

Anchor 3

You do not have to carry this alone.

You were never meant to bear this weight by yourself. Let someone in. Let someone sit with you. You do not need to explain everything — just let yourself be seen.

"Carry each other's burdens, and in this way you will fulfill the law of Christ." — Galatians 6:2

Anchor 4

There is still a next step.

You do not need to see the whole path. You only need to see the next step. And that step might be as small as drinking water, opening your Bible, or simply whispering, "Help me." That is enough.

"The Lord directs the steps of the godly. He delights in every detail of their lives." — Psalm 37:23 (NLT)



When You're Ready for the Next Step

You do not have to rush. But when you are ready, here are some next steps that may help:

- Talk to a counselor or pastor you trust.
- Write down what you are feeling — even if it is messy.
- Return to the anchors in this guide as often as you need.
- Let someone check in on you this week.
- Give yourself grace. Healing is not linear.

"He will cover you with his feathers, and under his wings you will find refuge." — Psalm 91:4





For now, take one manageable step.

You are not alone.
You are not forgotten.
You are held.

With love and steady hope,
Terra & The Yellow Folder



THE
YELLOW
FOLDER
COLLECTION